

## **Fight Team Structure – Jan 2026.**

1. Be able to meet the Fighter training schedule ‘consistently’ as a life priority. Lift to more own training, weight cutting and prep for a min of 4 weeks from a bout.
2. Pass the selection test at any point in the training schedule.
3. Get ‘yourself’ registered to fight and complete all administrative requirements including state rego, medical and bloods. Make sure YOU are cleared 14 days from any match.
4. Be committed to the being a “Fighter” for the season.

### **Fight Team.**

Includes fight team coaches and current fighters. A fighter is training to compete.

Only ‘Fighters’ must meet the mandatory training schedule and pass the fight team test.

### **Fighters.**

Current season ‘Fighters’ must have passed the Fight team selection test and meet the required training schedule consistently. When a fighter is in Fight Team they are competing and will be matched to fight for the best available matches. The fighter will then be advised of the match and is required to organize their own administration and ensure all the administrative and medical requirements are up to date and ready for the date of the match.

In liaison with the Fight Team coaches, a fighter must organize their own trip to a match. They must ensure they coordinate with any other matched fighters and the coach for the event to ensure the team is organised. All fighter expenses are the fighter’s responsibility and there are no refunds for a fight cancellation for any reason.

A fighter is a fighter whether they are matched or not and **must accept suitable matches found for them.**

**Injury.** Fighters who are injured must discuss their training and match suitability with the team manager. If a fighters injury prevents them from being matched – they are on the bench - until they are ready to train effectively for a match. Injured fighters are expected to attend ALL scheduled sessions and work around their injury. Injured fighters coordinate their training program with the Coaches and ensure they are doing rehab whilst maintaining contact with Fight Team Classes. Alternate training like swimming, running and re-hab should be scheduled during training times or at least drop in and say hi every session then heads off to run/swim. It is critical to ‘stay’ in the team while injured by being involved with training classes and learning without training.

**Sickness** – If a fighter is too sick to attend training, they are to notify the Head Coach. Do not come to training with any sickness or contagion or rash! If a Fighters misses to

much training due to sickness, in one go or over a period of time >> they will be required to re do the fitness test and ill not be matched until fit enough and able commit.

**Fight Season.** There are 2 (or 3) seasons per year. Each season commences with a fight team fitness test. Fight Team Tests are split into 1. Sparring 2. Conditioning.

- Season 1: 20 Jan – 20 May.
- Season 2: 20 May – 20 Sep.
- Season 3: 20 Sep – 20 Dec

If you cannot commit for a season – do not put your name down.

Fighters must attend and pass the selection test ‘every season’ to be in Fight Team.

**During the season, fighters fight.**

Fighters **cannot decline** fights the matchmaker/coach has organised. This means a match is taken and a fighter is available to fight any time during the season. If a fighter is injured, they must do a fitness test to prove they are ready to be matched and be back sparring at least 4 weeks from any bout.

When in Fight Team, fighters do not have another priority for competing on a scheduled competition/match. This is not a point of flexibility. Exams, birthdays, family celebrations, religious events, feelings or any other event you can dream up.

**In seasons breaks from training.** These are scheduled for Mon, Tue, Wed, after a match. Attending Thursday is compulsory. Training is determined by injury. Other scheduled breaks can occur on a long weekend (after Sat training). **There are NO valid excuses for not attending scheduled training during the season.** Accepted excuses for fighters: See point 1.

**Matched or not matched fighters have the same training schedule.** Fighting is not a ‘when it is right for you event’, if you know you can not effectively meet the requirements, you cannot be a fighter.

**Absence during fight season.** Periods of extended absence should not overlap in a fight season. Do not join the team for a season and then book a trip away. Discuss it first because there may be no point being a ‘Fighter’ for the season.

**Matchmaker and Administration.**

The matchmaker organizes matches for fighters based on the information provided by fighters, coaches and the team manager. A fight match is reviewed and checked by the fight team manager and team Captain before being confirmed. A fighter may be advised of the fight to confirm availability (mostly for under 18) however the fight is confirmed by the Team Manager/Head Coach. This can be done by the matchmaker or the manager or both. This is a behind the scenes operation/position.

**Team Manager – Fight coordinator – Match Maker (If available).** This position is relative to who is available to do it and if they are done by one person or multiple. **If no one is available > the head coach does them directly.**

The Head Coach liaises with the matchmaker/team manager, fighters and coaches to determine suitability, availability and preparedness for a match. The matchmaker with support from the manager/coach must ensure each fighter has up to date registration, medical and bloods and this is confirmed. Fighters are accountable to the team manager for all fighter preparedness information, training schedule, performance and readiness to compete. The team manager also monitors training, adjusts as required for specific matches and ensures fighters are meeting the schedule and expectations to compete. This role is liaison with matchmaker behind the scenes but in person at the gym, at fight shows and directly involved with fighters of all levels at the gym.

### **Juniors**

Juniors are responsible for themselves to the extent they can be regarding training schedule. Matches must be agreed to by parents before confirmation. Juniors in fight team compete when a match is available and parents are confirming their approval to attend the event and organize all required logistics by allowing the child to be in fight team. **Juniors are not exempt from schedule expectations and parents must accept commitment and respect it or not join fight team.**

### **Mandatory ‘Fighter’ requirements:**

- Meet the training schedule and complete the out of training extras.
- Be a team member and support others at training and outside training.
- Have medical and bloods and all registration requirements up to date.
- Be within a safe % (4%) of you elected fight weight during the season. Make agreed weight of the match safely and keep the coach informed during the process.
- Communicate with team manager, head coach and team captain routinely.
- Attend matches of other team members when in driving distance.
- To work on their own self-improvement and develop their weaknesses and enhance their strengths.
- Read articles and information presented to fight team to educate themselves.
- WATCH FIGHTS to learn and be motivated and excited.
- Be obsessive about training. Train disciplined, not based on motivation.
- Develop their mental strength, self-belief and confidence.
- Know the rules of your bout, protocol and how a fight is scored.
- Always listen and follow the coaches’ instructions.
- To keep your fitness up, develop your skills and be on top of your administration.
- Keep your member fees up to date.

- Fight in Phoenix shorts unless supplied by promotion. Have a Phoenix Fight Team shirt and wear it at every fight show you attend as fighter or spectator.
- Promote your fight on SM.

**MOTIVATION IS UNRELIABLE – DISCIPLINE IS THE KEY**

**When you want to compete you only must give one thing.**

**That one thing is EVERYTHING.**

**Fines:**

- For missing a class without a valid (as determined by Anthony NOT you) excuse: (1) Assault 450 (2) Double Majura repeat on the first Sunday after. 3<sup>rd</sup> offence > Sin binned for an indefinite period.
- For withdrawing from a match or not accepting a suitable match without approval of the Head Coach - Double Ainslie Sunday repeat, letting the team down and disappointment in you will be expressed directly and publicly.
- For not attending training on Thursday after a bout. Assault 1000.
- For not completing the season of mandatory training. The fine is the lack of pride and disappointment in letting yourself down. Approval to re-sit the test required, not assumed.
- For not attending a teammate's bout when in driving distance: Bitter disappointment, less effort will be made matching you and when you fight, no one will turn up to support you.